

The Mangrove Galley by Sandi Mieszczencki

Sandi's recipes are featured monthly in the Coconut Telegraph. For previous issues go to <http://www.theconchtelegraph.com>.



Cruising on a sailboat with a two-burner stove is my inspiration for one skillet meals that are still tasty and nutritious. My husband came up with this one for dinner for a night anchored out in Blackwater Sound. There is nothing like a hearty meal under the stars.

Chicken Marsala

- 2 small to medium boneless skinless chicken breasts
- 8 oz. Sliced Baby Bella mushrooms
- 1 can of Golden Mushroom soup
- 1 small thinly sliced onion
- 1 box or bag of frozen peas
- 4 oz Marsala wine
- 4 oz. Light cream or milk
- 1 Tbls of Italian seasonings
- 2 Tbls of garlic (any form that is convenient)
- 2 Tbls butter
- 2 Tbls of cooking oil
- Fresh ground pepper to finish the plate

Slice the chicken breasts into 3/8-inch medallions. Combine the butter and cooking oil in a saute pan and bring to medium high heat. Lightly brown the medallions on both sides and remove from the pan. Reduce the heat and add the sliced onions to the pan. Lightly toast the onions and mix in the can of Golden Mushroom soup. Add the Marsala wine, Italian seasonings, and the garlic and stir together until smooth. Add the sliced mushrooms to the pan, stir and cover until the mixture starts to bubble. Stir in the cream, the peas and return the chicken to the pan. Cover until the mixture starts to bubble again. Check to see if the chicken is cooked to your liking and serve over egg noodles or pasta of your choice.

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Early photograph of Windley Key's Theater of the Sea. The facility opened in 1946 and is the second oldest marine mammal facility in the United States.

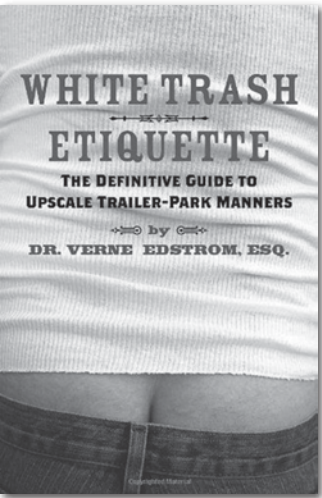
Photo: Florida Keys History and Discovery Foundation

White Trash Etiquette, A Book Review

The definitive guide to high-class trailer park living. **White Trash Etiquette** contains everything you need to know to live like decent trash, including: The proper way to fake a back injury; How to prevent your in-laws from stealing the silverware at wedding receptions; The 10 hottest White Trash career opportunities; How to improve your drunk driving skills; Sound advice on everything from lying to your boss to making your next convenience store robbery fun for the whole family.

There's also trouble-shooting for troublemakers: I'm getting married; can I still wear white if I'm a tramp? Can chicks ever really respect an accountant? How do I pick a good bail bondsman? How can I get my 14-year-old cousin unpregnant? And much more.

White Trash Nation has its own four food groups (Winstons, Count Chocula, Pabst Blue Ribbon, and SpaghettiOs), its own reality show (Cops), and its own plum career choices (worker's comp or welfare). Yet this silent majority, often overshadowed by the gaudier Southern redneck, is sorely missing its own guide to manners and deportment. Enter Dr. Verne Edstrom and his guide to living like "decent trash." **White Trash**



Etiquette contains everything any self-respecting trash needs to know: How to win bar fights and scam outta your gambling debts; Fashion tips for looking your best while robbing a 7-Eleven; How to sound deep and cultural to impress chicks; What sports are manly and what sports are good for guys named Chauncey.

All of your most pressing questions about love, sex, kidnapping, welfare, and how to pick the right bail bondsman for your kid are answered right here. Complete with the White Trash Ten Commandments and a handy quiz to help you decide if you're decent white trash material, this irreverent, pitch-perfect parody is the definitive guide to high-class Cracker living.

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